VANCOUVER metro®

Monday, July 12, 2010
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▶ Spain's David Villa, third from right in front, Sergio Ramos, centre front, and Fernando Llorente, second from left in front, hold up the World Cup trophy as they celebrate with fellow team members during the World Cup final soccer match between the Netherlands and Spain at Soccer City in Johannesburg, South Africa, yesterday

BERNAT ARMANGUE/THE ASSOCIATED PRESS

Olé, olé it's Spain atop soccer world

- Spain defeats the Netherlands in extra time to win 1-0
- This is the first World Cup for Los Rojos {page 14}

- Vancouver fans of the Oranje stand proud
- Spanish fans take the party to city streets {page 2}

Srebrenica

Victims buried on 15th anniversary of massacre

- Bosnian Muslims mourn those killed in worst atrocity in Europe since WWII {page 3}

Internet

China renews contract with Google until 2012

- Website agrees to 'abide by Chinese law' says official {page 4}

Nuptials

Underwood, Fisher tie the knot in Georgia

- Country songstress, Ottawa Sens player to have homes in Canada, the U.S. {page 7}

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1 news

Dutch fans hold their heads high

Orange-clad fans gathered on Hamilton and Granville streets and on Commercial Drive in Vancouver yesterday to cheer on the Netherlands, a team seeking its first World Cup title.

But a goal by midfielder Andres Iniesta in extra time sucked the wind out of the Dutch sails.

Or, in their case, perhaps windmills.

Holland, thwarted yet again in its third World Cup final appearance, will need to wait at least four more years for another shot.

But, as fan Justin van Hove noted, despite the disappointment of the outcome, it's not as if the Oranje failed to exceed expectations.

"I thought Netherlands would make the semifinals at best," he said.

Andrew Persoon, a Vancouverite of Rhenish heritage, added that all is not lost.

"I'm still very happy. The team's achievement has made me more in touch with my roots, and that's worth more to me than a trophy."

The next World Cup tournament will take place in Brazil in June and July of 2014.

KYLE FARQUHARSON, WITH FILES FROM NATASHA POON

KRISTEN THOMPSON/METRO VANCOUVER

▶ Netherlands fans react to the Dutch soccer team's loss outside Stella's on Commercial Drive yesterday.

Spain supporters paint Vancouver red

Thousands watch World Cup final on the city's main drives

KRISTEN. THOMPSON
@METRONEWS.CA

Jubilant Spain fans took to the streets of Vancouver yesterday, turning public spaces into impromptu dance parties after Los Rojos beat the Netherlands in the final game of the World Cup.

People wearing Spanish flags as capes paraded up and down Commercial Drive, singing, "Olé, olé, olé!" and blowing vuvuzelas after the final whistle.

One man ran onto the street and yelled, "Finally!"

Spain beat the Netherlands 1-0 in extra time for its first World Cup title.

Spectators crammed into restaurants and pubs or stood on sidewalks watching through windows to catch the last game of the month-long tournament.

"I thought it would go to penalty kicks, but (I'm) glad it never did."
LISA FABBIO, WHO WATCHED THE GAME ON THE DRIVE

Ace Hartline, 28, braved the heat to watch the game outside on Commercial Drive.

"The energy is so much better than at home," she said.

"I'm really happy," said Maria Turmo of Barcelona, who watched the game on Granville Street.

"I'll probably to go the beach … with my friends to celebrate."

WITH FILES FROM NATASHA POON

KRISTEN THOMPSON/METRO VANCOUVER

▶ Spain fans on Commercial Drive celebrate that country's first World Cup title yesterday.

News on the move

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On the web at metronews.ca

Vancouver's World Cup fans flood the streets for the grand finale. Exclusive photo gallery at metronews.ca/local

Crickets and pulled-pork parfait among unusual cuisine at the Calgary Stampede. Video at metronews.ca/canada

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Sporting accidents kill 2

Two people have died in sporting accidents in southern British Columbia — one after being trampled by a bull and the other in a skateboarding crash.

Glenna Evans, from Vancouver, was riding her longboard down Mount Seymour Road when she collided with a van.

She would have turned 28 on Saturday.

In a separate accident, an 18-year-old bull rider died after being trampled by a bull during a rodeo in Valemount. Makwala Derickson-Hall was bucked off and stepped on.

KRISTEN THOMPSON

Naked swimmers join record attempt

The waters off Wreck Beach were crowded with 382 naked swimmers this Saturday as part of a North America-wide attempt at breaking the continental Guinness record of 13,600 nude swimmers.

KYLE FARQUHARSON

Fire leads to trailer park evacuation

A trailer park in the Okanagan had to be evacuated late yesterday afternoon due to heavy smoke from a nearby fire.

The fire started in a sawdust pile at the Tolko mill in Armstrong, 25 kilometres south of Vernon. Helicopters and air tankers were brought in to fight the blaze.

METRO VANCOUVER

Victims buried on anniversary of massacre

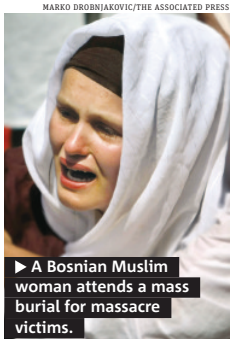
30,000 Bosnian Muslims came under siege in 1995 in Srebrenica Youngest victim buried yesterday was 14

Hoisting hundreds of coffins aloft, a line of relatives stretched for at least a mile yesterday as they honoured Srebrenica massacre victims on the 15th anniversary of the worst atrocity in Europe since the Second World War.

A whole hillside in the eastern Bosnian town was dug out with graves, waiting for 775 coffins covered in green cloths to be laid to rest at the biggest Srebrenica funeral so far.

Still, that was less than a tenth of the total number of Muslim men and boys executed after Serb forces overran the UN-protected town on July 11, 1995, during the Bosnian war.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS



▶ A Bosnian Muslim woman attends a mass burial for massacre victims.

"I grew up without a father and I don't even remember him," said Hajro Ibrahimovic, 16.

When the procession reached the hill, some 60,000 people splintered into rivulets as relatives sought the exact grave for their loved ones. The sound of dirt pounding against the coffins' wooden lids echoed over the valley, as two announcers solemnly read out the names of the victims being buried.

Before the funeral, Muslim prayers and weeping mixed with the speeches of dignitaries condemning the crimes and calling for the perpetrators to be punished. THE ASSOCIATED PRESS

Bahamas. Caught

▶ Colton Harris-Moore arrives handcuffed and shackled by police in Nassau, Bahamas, yesterday.

FELIPE MAJOR/THE ASSOCIATED PRESS

Teen bandit nabbed in Bahamas

The teenage "Barefoot Bandit" who allegedly stole cars, boats and airplanes to dodge U.S. law enforcement was nabbed yesterday as he tried to make a water escape and was then brought handcuffed — and shoeless — to the Bahamanian capital to face justice, abruptly ending his two-year life on the lam.

Child killed by wind turbine

A three-year-old child was killed Saturday when he was pinned under a wind turbine in southwestern Ontario. Police say just before 8:30 p.m., emergency officials were called to a home near Belgrave.

THE CANADIAN PRESS

Oka crisis: 20 years later

A traditional chant meant to bring peace and new beginnings marked the start of the march yesterday on the 20th anniversary of the Oka Crisis. Kanesatake Mohawks hosted the peaceful protest west of Montreal.

THE CANADIAN PRESS

Mountie charged in murder

An Edmonton Mountie has been charged with second-degree murder, a day after the body of an officer's wife was found. Const. Tarith Sehmbi will make his first court appearance today.

THE CANADIAN PRESS

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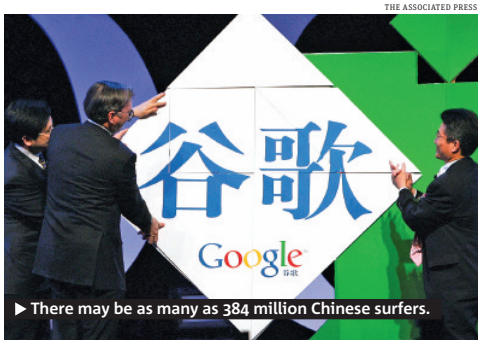

▶ There may be as many as 384 million Chinese surfers.

Google.cn good to go

▶ Website renewed until 2012 ▶ Content subject to web monitoring, filtering and block of pornography ▶ Hackers blamed for site's attacks

China confirmed yesterday it has renewed Google's licence, under the operation of Beijing Guxiang Information Technology Co. Ltd., ending a months-long standoff over Internet censorship.

A ministry official, who was not identified, said Guxiang had agreed to "abide by Chinese law" and "ensure the company provides no lawbreaking content," China's news agency Xinhua said.

The conflict arose in January when Google decided to end its four-year practice of omitting search results that the Chinese government considers subversive or pornographic.

THE ASSOCIATED PRESS

As crude gushes out, BP claims progress

Work on a new cap for the gushing oil leak in the Gulf of Mexico has outpaced officials' expectations so far, with robotic submarines completing most of the removal work necessary on the broken well.

The old cap, which since June allowed oil to keep pouring into the Gulf, came off Saturday. That allowed millions of litres of oil to pour out.

THE ASSOCIATED PRESS

Earnings this week could rally markets

Investors could find a reason to extend last week's strong advance on North American stock markets if U.S. second-quarter corporate earnings, the first of which are expected today, live up to high expectations. North American markets finished higher last week as bargain hunters moved in.

Markets are still down sharply from 2010 highs.

THE CANADIAN PRESS

Market moment

DOLLAR	TSX	OIL	Natural gas 1,000 cu ft
US 96.74¢ (Friday)	11,570.45 (Friday)	$76.09 US (Friday)	$4.402 (Friday)
			Gold contracts $1,209.80 (Friday)

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SOMETHING COMPLETELY DIFFERENT

Urban Compass

PAUL SULLIVAN

It's official: Colin Hansen, B.C.'s finance minister, now has the longest nose in the province.

It started growing when he claimed — before the election — that the annual deficit would be less than $500 million. The latest forecast is three and a half times that.

It underwent a breathtaking growth spurt when, a month after the election, he announced the HST and had the nerve to tell us there were no plans to do so before the election.

Now, with a straight face, he says his government never claimed the Olympics would cost $600 million when for years that was indeed the claim.

His nose is longer than Pinocchio's, and if he keeps it up, it will span the Strait of Georgia from Vancouver Island to the mainland.

Of course, once you start, it's hard to stop, and Hansen also claims the cost of the Olympics was $925 million.

It is no more $925 million than it is $600 million. Hansen left out obvious Olympic costs such as the, um, Olympic Secretariat and even the Olympic rings the government stuck out in Burrard Inlet (at a half a million dollars a ring).

"His nose is longer than Pinocchio's, and if he keeps it up, it will span the Strait of Georgia from Vancouver Island to the mainland."

And, of course, $925 million does not include the cost of the Vancouver Convention Centre, the expansion of the Sea to Sky Highway and the Canada Line, all promises made to secure the Olympic Games in the first place.

Just how stupid do they think we are? The Games cost at least $6 billion, although it could go as high as $8 billion once all the costs are in. Yes, that's a lot of money, but we elected the people who spent it. And egged them on.

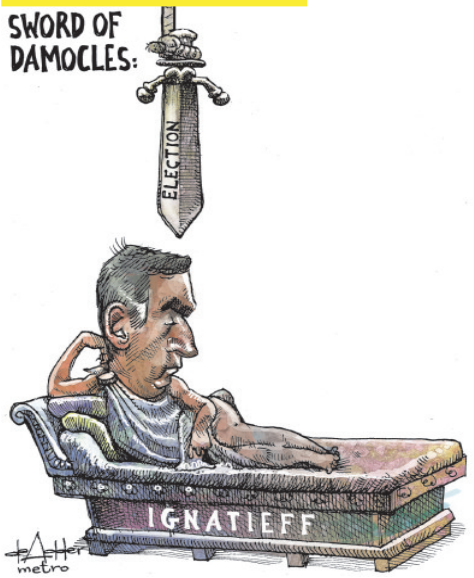
I don't understand why the Campbell government is addicted to lying. It's flat-lined in the polls, so what has it got to lose by telling the truth? Long Nose Hansen should try something completely different.

He can and should point to all the wonderful things these Games have brought.

Do you think the Canada Line would ever have been built without the Olympics? The Sea to Sky Highway, which is no longer the most dangerous stretch of road on the planet? The billion-dollar convention centre with the grass roof that may even pay for itself in our lifetime? The well-earned sense of pride and joy that we all continue to bask in?

Come on Colin. Come clean. Give your beak a break.

Cartoon



Noteworthy

Military purging sexist cartoons

Degrading drawings of women in sexual situations have been deleted from Canadian military classroom materials.

The Forces launched the purge when it found out the offensive cartoons were used in courses for soldiers headed to Afghanistan.

THE CANADIAN PRESS

Time to cut royal ties?

Letters & Tweets

Waving goodbye?

PAUL CHIASSON/THE CANADIAN PRESS

CALGARY. Should Canada cut ties with the monarchy? Absolutely!

The British look down on Canada in contempt, and here we are, absurdly comical hapless serfs with such an inferiority complex, hanging on to a foreign tradition of a tired-out, has-been empire, elevating them as demi-gods!

I love The Queen, but the rest of the clan is a bunch of misfits and fat-cats living high off the hog.

I also believe that at all times, not just during bad, the royal family should be paying its own way, instead of the government forcing working people to foot those enormous bills.

But that is asking too much of a government that spent $1 billion on the G20 summit and has slapped some provinces with an HST!

JACK G. ASHOK

TORONTO. In the aftermath of the G20 summit, one burning question keeps coming to mind: How was it possible that "protesters" were able to trash and burn police vehicles?

After over a billion dollars was spent on security, how is it possible that the police were unprepared to defend their property?

It is inconceivable to me that this was not a deliberately staged spectacle to justify the brutal police action that followed.

PAUL DONAT

Did you enjoy the World Cup?

Email
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Metro has the right to edit letters and submissions.

Metro Minute at Cinema To Savour

If you are a local foodie and movie buff, your two interests are combined at tonight's Cinema to Savour, a benefit screening for The Chefs' Table Society of B.C. at the Vancity Theatre.

The first of four evenings of food and film kicks off at 7 p.m. with Campbell Scott's 1996 drama, Big Night, where two Italian brothers try to save their failing restaurant. Italian fare prepared by Pino Posteraro of Cioppino's Mediterranean Grill follows.

Tickets are $75 at viff.org and include a signed copy of the new Vancouver Cooks 2 cookbook, film viewing, food, and wine. Information call 604-683-FILM (3456).

NATASHA POON

SUBMITTED

▶ A scene from Campbell Scott's Big Night.

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2 scene

News in brief

1 Model Naomi Campbell will testify at the war crimes trial of former Liberian president Charles Taylor.
THE ASSOCIATED PRESS

2 Susan Boyle is searching for an unknown to duet with her on her upcoming album.
THE ASSOCIATED PRESS

3 Glee star Amber Riley will sing the national anthem before tomorrow's MLB All-Star game.
THE ASSOCIATED PRESS

SCANLIFE
Memorable movie monsters

- Website that posted recording of Mel Gibson's rant says more to come
- Oscar-winning director and actor dropped by talent agency

JACQUES BRINON/THE ASSOCIATED PRESS

▶ Oksana Grigorieva and Mel Gibson arrive at the Edge Of Darkness premiere in Paris earlier this year.

Mel Gibson's ugly words caught on tape

"It is shocking, not only for content — which is horrific — but for tone. It is one of the most vile things we have ever heard." DAVID PEREL, RADARONLINE.COM

The two-minute clip of Mel Gibson using a racial slur and calling his ex-girlfriend a "whore" during an argument are unlikely to be the last ugly words the public hears from the actor.

RadarOnline.com, the celebrity website that posted the recording Friday, says there's more where that came from.

For 10 days, the site has posted written transcripts of secret recordings it said Gibson's former girlfriend, Russian singer Oksana Grigorieva, had made. The snippet released Friday is the first audio of the confrontations that have been aired.

The clip includes segments in which a voice that sounds distinctly like the Academy Award winner is heard telling Grigorieva that she is dressing too provocatively and that it would be her fault if she were raped. He uses the N-word, a racial epithet, at one point. The recording is laced with his profanity.

Shortly after the posting, entertainment news outlets reported that Gibson had been dropped by talent agency William Morris Endeavor, although that decision appeared to have been made days ago. The agency did not return phone calls and an email seeking comment.

David Perel, RadarOnline's founder and executive vice-president, said the site had heard "a substantial portion" of 30 minutes of recordings Grigorieva had made. Perel said more audio clips will likely be released in coming days. The site reported the she made the recordings because she was afraid Gibson might harm her.

The Los Angeles County Sheriff's Department is investigating allegations that Gibson was involved in a domestic violence incident with Grigorieva, with whom he has an eight-month-old daughter.

Gibson's camp remained silent about the recording. Spokesman Alan Nierob did not issue a comment on the audio's contents. Grigorieva's lawyer, Marci Levine, also did not return a phone message.

It is the second high-profile incident in which Gibson has been accused of using slurs and degrading women.

He apologized after his drunken driving arrest in 2006 after it was revealed by TMZ that he had made anti-Semitic and sexist comments.

In the recent recordings, the actor is heard criticizing Grigorieva for the way she dresses. He accuses her of lying to him about having breast implants.
THE ASSOCIATED PRESS

Custody dispute

It is unclear when the recording was made or in what context. It opens with Mel Gibson discussing breast feeding of their daughter. Toward the end, Gibson indicates he is done with the relationship.

"I don't trust you," the actor is heard saying. "I don't love you. I don't want you."

The former couple have been locked in a bitter custody dispute in Los Angeles. Records in the court case, which may include the audio recordings, remain sealed.
THE ASSOCIATED PRESS

Usher sings in Chinese at Beijing concert

Usher was expected to sing in Chinese, briefly, during his China debut concert in Beijing yesterday.

Usher was to sing one of Asian pop sensation Wang Lihong's songs in Chinese, Wang told a joint press conference Saturday night, and the two will also sing Usher's No. 1 OMG.

"I wanted to make a great impression, so I wanted to do something very special," Usher said. "After hearing (Wang's) music, I wanted to collaborate with him." The American recording artist said he came to China because he knows there's an audience for him.
THE ASSOCIATED PRESS

Sheen court date postponed

A court hearing during which actor Charlie Sheen was expected to plead guilty to a charge stemming from a Christmas Day dispute with his wife has been postponed.

Court officials say the hearing has been delayed from today to Aug. 2. Yale Galanter, one of Sheen's attorneys, says the defence needs more time to work out details of an agreement that calls for Sheen to plead guilty to misdemeanour assault in exchange for prosecutors dropping more serious charges.
THE ASSOCIATED PRESS

GETTY FILE PHOTO

▶ Celine Dion

Celine Dion expecting twin boys

Celine Dion says the twins she's expecting are boys.

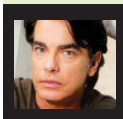
The superstar singer revealed the sex of the babies in a brief statement Friday on her website.

Dion already has a son, Rene Charles, with her husband and manager, Rene Angelil.
THE ASSOCIATED PRESS

Celebrity tweets

Samantha Ronson [@samantharonson]
Hey Joan Rivers- you have collagen older than Lindsay, pick on someone your own age, oh wait, I guess people that old can't hear.

John Mayer [@johncmayer]
Just once, I want to hear a rap song with implicit lyrics.



Peter Gallagher [@petergallagher_]
Great to be in Ireland. My brows are one of millions here and perfect for the rain. Home at last.

Kathy Griffin [@officialkathyg]
They don't give out an Emmy for 'Best Airbrushing' but if they did, I'd totally win.

Underwood weds Senator Fisher

Country star, hockey forward will have homes in Nashville, Peterborough, Ont. Engaged on Dec. 20

Country music star Carrie Underwood and Ottawa Senators forward Mike Fisher were married at a luxury resort in Georgia late Saturday afternoon, according to a People magazine report.

Underwood, 27, and Fisher, 30, tied the knot before 250 friends and family in a ceremony featuring classical music and the couple's favourite Bible readings, the magazine reported on its website.

"We could not feel more blessed to have found each other and to have shared this day with our friends and family that mean so much to us," the couple said.

Mike Fisher has said on his website that his bride would legally change her last name, but would still be known professionally as Carrie Underwood.

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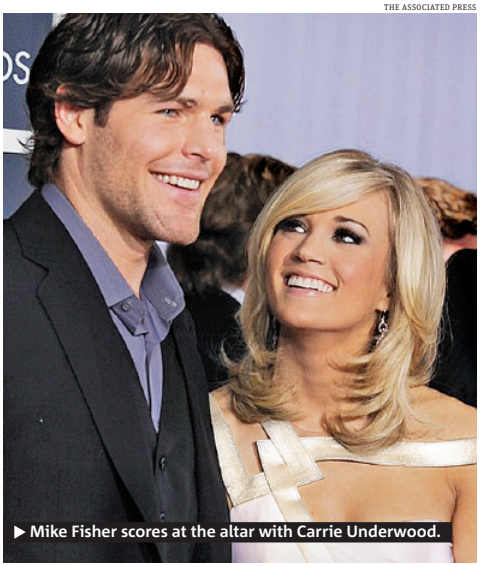


▶ Mike Fisher scores at the altar with Carrie Underwood.

Once upon a time in Alaska

You might call it Sarah Palin's introduction to the cubs.

A biography of the former Alaska governor and self-described "mama grizzly" is set for release in September by Christian book publisher Zondervan. Speaking Up: The Sarah Palin Story, is one in a series of biographies aimed at 9- to 12-year-old readers. Others feature 2007 Heisman Trophy winner Tim Tebow and U2 frontman Bono.

Kathleen Kerr, an acquisitions editor for Zondervan's Zonderkidz division, said the subjects are prominent figures who children hear about in the news and role models for tweens who are "working for the betterment of the world in which we live."

THE ASSOCIATED PRESS

Wedding rumours amuse Katy

Katy Perry is reportedly tickled by all the speculation about where, when and how she and fiancé Russell Brand will tie the knot. "I hear these crazy stories — we are going to get married in latex, underwear, in spandex, in Japan, in India, in Thailand," Perry says.

METRO WORLD NEWS

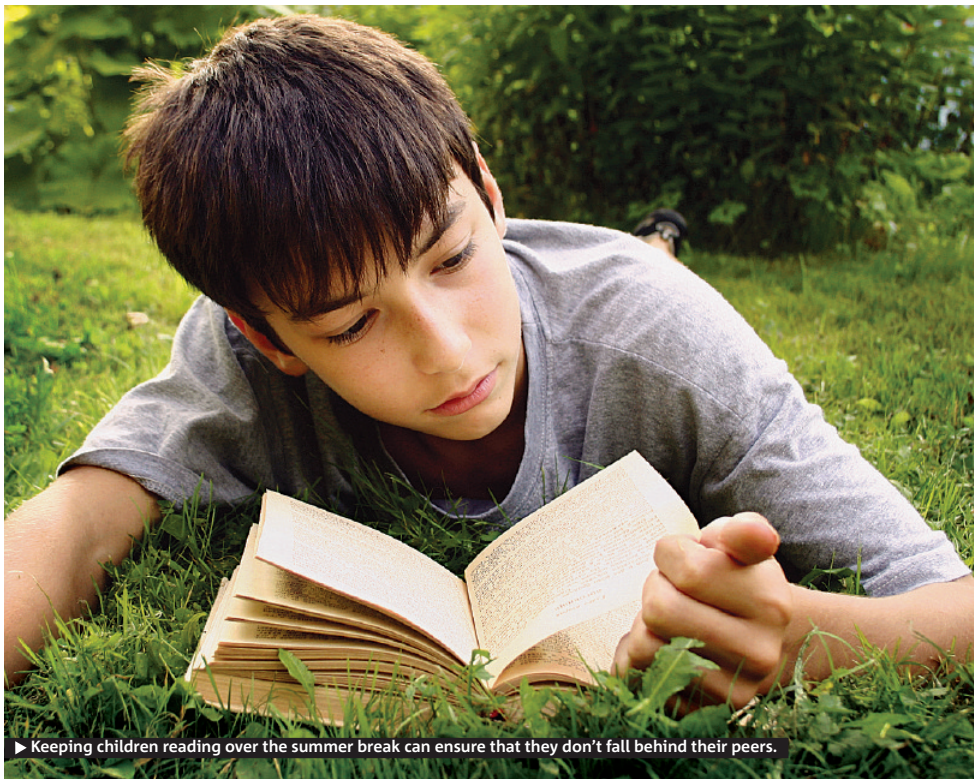
Picking up $50K tab? Priceless

Ryan Seacrest doesn't mind picking up the check at dinner, even when it costs him more than $50,000, according to TMZ. Seacrest reportedly attended a business dinner, and when the $41,000 bill came, the "American Idol" host paid it — and left a $10,000 tip.

METRO WORLD NEWS

3 life

Put those lazy summer afternoons to good use and get your child reading one of these top-notch books ◆ Not only is reading good for your little ones, it's a great way to get them ready for school ◆ Make reading a family activity



▶ Keeping children reading over the summer break can ensure that they don't fall behind their peers.

Summertime learning key for success

Studies on summer learning show that students who continue to learn over the summer have a considerable advantage when the next grade begins.

"By taking part in some form of learning during the summer, students maintain their academic momentum, and avoid falling behind in major subject areas such as math, reading, and comprehension," says Dr. Nick Whitehead, founder and CEO of Oxford Learning.

According to Whitehead, it's much easier for students to start a new school year having maintained their learning momentum, than it is to return to school unprepared.

"Students who start the new school year ahead are more likely to stay ahead for the entire school year. They struggle less and are actively learning from day one," he says.

While most students balk at the idea of summer school, summer learning is more than just repair work for poor grades; it predicts better academic performance in the coming school year.

"Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades."
DR. NICK WHITEHEAD

"We need to change the way that we think about summer and summer learning," says Whitehead. "Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades." **NEWS CANADA**

Learning tips

These tips from Oxford Learning help students of all ages and grades beat the summer learning brain drain.

- **Visit the local library.** The public library often has reading events and competitions that can motivate children to develop their reading abilities.
- **Keep a journal** or a scrapbook. Develop vocabulary skills by writing a paragraph about the day's activities. Write down the titles of books being read and any new vocabulary words.
- **Practice time** management. Students should continue to use an agenda or family calendar to keep track of their daily activities—whether it is academic-related or not.
- **Learn.** enrol in a camp that has an academic element to maintain school skills all year long.

NEWS CANADA

Books that will have kids coming back for more

1. **The Short Second Life of Bree Tanner: An Eclipse Novella** (Twilight Saga) by Stephenie Meyer

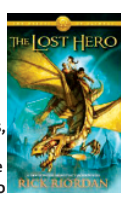
2. **Mockingjay** (The Hunger Games, Final Book) by Suzanne Collins

3. **The Red Pyramid** (The Kane Chronicles, Book 1) by Rick Riordan

4. **The Hunger Games** by Suzanne Collins

5. **The Last Olympian** (Percy Jackson & the Olympians, Book 5) by Rick Riordan

6. **The Heroes of Olympus, Book One: The Lost Hero** by Rick Riordan



7. **Catching Fire** (The Hunger Games, Book 2) by Suzanne Collins

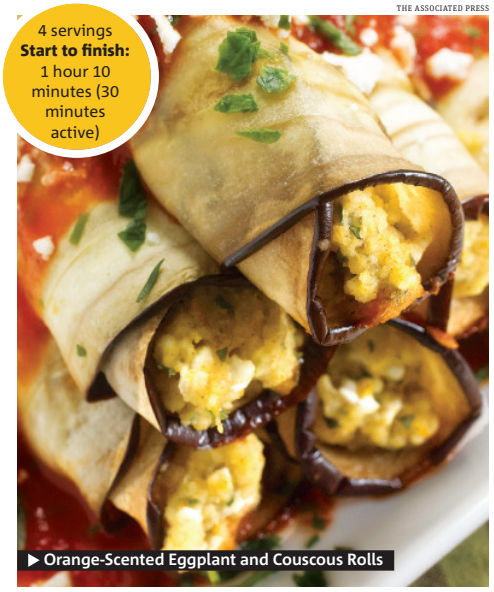
8. **Theodore Boone: Kid Lawyer** by John Grisham

Keeping kids' brains active

1. Make downtime productive. Develop communication skills by talking about stories, books, and TV shows. Don't just watch or read passively. Discuss what happened and why. What else might have happened?
2. Play. Strategy board games such as Chess, Clue, Risk, and Monopoly are not only competitive; they teach problem-solving, math, and planning skills too.

Tweens show peers around the world how to have fun staying fit

THE ASSOCIATED PRESS



4 servings
Start to finish: 1 hour 10 minutes (30 minutes active)

▶ Orange-Scented Eggplant and Couscous Rolls

Seasonal, light and make-ahead

Orange-Scented Eggplant and Couscous Rolls: Can be prepared up to two days in advance, covered and refrigerated.

Ingredients :
- 1 large eggplant (about 500 g/1 lb)
- 45 ml (3 Tbsp) extra-virgin olive oil, divided
- 2 oranges
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) ground cardamom
- 15 ml (1 Tbsp) apple cider vinegar
- 250 ml (1 cup) water
- 175 ml (3/4 cup) couscous
- 500 ml (2 cups) crumbled feta cheese, divided
- 60 ml (4 Tbsp) chopped flat-leaf parsley, divided
- Ground black pepper, to taste
- 250 ml (1 cup) prepared marinara sauce

Preparation:

1. Heat oven to 220 C (425 F). Coat a baking sheet with cooking spray. You may need 2 baking sheets.
2. Trim both ends of the eggplant. Standing the eggplant on end, slice it lengthwise into slices 0.75 cm (1/3 inch) thick. Discard the end slices of skin.
3. Arrange slices on prepared baking sheets and brush with 30 ml (2 tbsp) of the olive oil. Bake until lightly browned on the undersides, about 10 minutes. Turn slices and continue baking until second sides are lightly browned and flesh is tender, 10 to 15 minutes longer.
4. Meanwhile, to make filling, grate zest of half an orange, then juice both oranges. Transfer zest and juice to a medium saucepan. Add cinnamon, cardamom, apple cider vinegar, remaining 15 ml (1 tbsp) olive oil and water. Bring to a boil. Stir in couscous and remove pan from heat. Cover and let stand until liquid is absorbed, about 5 minutes.
5. Uncover couscous and fluff with a fork, then let cool. Stir in 375 ml (1 1/2 cups) of the feta and 45 ml (3 Tbsp) of the parsley. Season with pepper.
6. Coat a 3-l (9-by-13-inch) baking dish with cooking spray. Place about 50 ml (1/4 cup) of the couscous mixture at one end of each eggplant slice. Pressing with your fingers to compact the filling, roll up each slice and transfer them, seam-side down, to prepared dish.
7. In a saucepan, heat marinara sauce. Drizzle marinara sauce over rolls. Cover dish tightly with foil and bake until rolls are heated through and sauce is bubbling, about 15 minutes. Sprinkle with feta and parsley just before serving.

THE ASSOCIATED PRESS

Our bones are a living tissue in a state of constant flux. Throughout our lifetime our bones are continually being built up and broken down and as the supportive framework for our body, without them we would be little more than rag dolls. Here's how you should take care of them!

Make sure your bones carry all the way

ROMINA McGUINNESS
METRO WORLD NEWS

1 THE CALCIUM CONUNDRUM

About 99 per cent of the calcium in our bodies is stored in our bones and our teeth. Although calcium is crucial in maintaining and building bone strength, it's only part of the overall picture as there are at least 19 other essential nutrients needed in the process. Vitamin D, which the body gets when exposed to natural sunlight is key to the absorption of calcium. Magnesium and vitamin K are also considered essential.

Too much calcium can actually be adverse to bone health. London-based nutritionist Marisa Peer suggests that your daily calcium intake should be restricted to a small cup of milk. Two or more glasses leads to a build up of acidic substances harmful for the bones. Peer also points out that the countries with the highest dairy consumption — Holland, Sweden and the USA — have the highest number of bone fractures.

2 VEGETABLES, SUNSHINE & NUTS

"It all comes down to green vegetables, sunshine and nuts," says Peer. "Think about cows, our primary source of calcium, all they do is eat grass."

Green leafy vegetables such as kale, broccoli and spinach are full of vitamin K, which helps with calcium regulation and bone formation. Oily fish, especially those with small bones such as sardines and salmon are full of vitamin D, which will help absorb calcium.

Beans, oats, sesame and pumpkin seeds are all excellent choices, a good trick is to replace your daily butter spread with sesame seed paste, Tahini.

Nuts, such as almonds and walnuts, are a great source of Vitamin K and magnesium but the real wonder food in terms of nutrients is the brazil nut.

3 BIG BONED

Celebrity trainer James Duigan believes one of the worst things for bone health is lack of physical activity. Weight bearing exercises or resistance work that place some stress on the bones will improve strength and density. Your body, forced to adapt under exercises such as running, dancing, tennis or weight lifting, builds stronger, denser bone.

As a low impact sport, swimming does not carry any weight bearing benefit.

Water supports the body, and therefore bones, creating no build up of bone strength. Duigan believes in mixing up these exercises in order to get the most out of every bone and muscle. He says: "Anything that loads the body is great. Think squats, lunges, push ups and chin ups.

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Offsetting your footprint

If you can't stand to live off the grid, you can find other ways to chip in

BEN KNIGHT
GREEN@METRONEWS.CA

The average Canadian emits about 24 tonnes of CO_2 per year. Many are working to reduce their carbon footprint, but conservation, commuting and other changes only go so far.

That's where carbon offsets come in. They allow you to pay — between $20 and $30 per tonne — for the carbon you emit. There's no financial return on these investments, but the money directly funds new technological breakthroughs that can clean up the atmosphere for everyone. Here are the basics of carbon offsetting:

▶ Being carbon neutral is now the goal of many companies.

How do carbon offsets work?

"You can purchase carbon offsets, and we then invest that money in clean technology projects," says Kari Grist, senior vice president of marketing for Offsetters, a private, for-profit company specializing in the carbon market. "If an organization like Group Aeroplan wants to be carbon-neutral — and they are — we have projects that sell carbon credits to us, which we then, in turn, sell to Group Aeroplan."

Who collects the money?

Offsetters is one of several companies offering carbon offsets. They also do extensive research to ensure the new technologies they fund really will reduce Canada's extensive carbon footprint.

"We take the funds, and give it to organizations that implement the new technology," Grist says.

"Often, these organizations can't fund a new technology on their own."

The market is growing rapidly. Canadians paid to offset 93-million tonnes of CO_2 in 2009, up from 12-million in 2005.

Where does the money go?

"For it to be a high-quality offset credit, there are standards that (a project) has to adhere to," Grist explains.

"One is that the offset is real and permanent – measured by third-party validators."

Learn more at offsetters.ca

Did you know?

Neutral In 2007, the B.C. government passed the Greenhouse Gas Reductions Targets Act, legally requiring all public-sector organizations to be carbon-neutral, beginning in 2010. The province says this goal is being achieved by purchasing carbon offsets to ensure that net emissions amount to zero.

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

NOTHING FRESH ABOUT THESE AIR FRESHENERS

QUESTION:
Air fresheners make me sneeze. What's in them anyways?
Jacqueline, Summerland, B.C.

Their ingredients are of huge concern since many are made with formaldehyde (a known carcinogen), naphthalene (a suspected carcinogen), toluene (known to cause liver and kidney damage) and xylene (a neurotoxin). And to think air fresheners make up people's daily spritz and spray routine. More disturbing is how they work. Many mask an undesirable scent, but some use a nerve-deadening chemical that interferes with our sense of smell. Others coat your nasal passage with an oily film. Many air fresheners can trigger asthma attacks and affect our central nervous system. This is why going scent-free is so important.

Instead, rely on good ventilation, deodorize with baking soda or choose an essential oil-based, non-aerosol, eco-friendly air freshener.

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ISTOCK

▶ Is that same job you dreamed of as a 19-year-old now turning you in the walking dead?

Is your job turning you into a zombie?

If the satisfaction you used to feel at your job is gone, now's the time to find a job that makes you feel alive

DREW HINSHAW
METRO WORLD NEWS

It happens gradually: A job that used to inspire you begins to tire you, one teardrop of boredom at a time.

"Sometimes, people realize that the job they were into at 19 is no longer of any interest or meaning to them," Fearless Career Change author Marky Stein notes.

The distinction to draw, she advises, is whether you're suffering from a fleeting disinterest with the workload at hand — or does your disillusionment burrow soul-deep?

Chances are high, according to CareerBuilder.com, that if you've weathered the recession in the same desk chair, you're feeling wiped out, disinterested, confused. The site says more than a quarter of all workers claim to be dissatisfied with their daily grind — the highest CareerBuilder adviser Allison Nawoj has seen it. It's a probable consequence, she speculates, of taking on "I never signed up for this" tasks like administration, accounting, and other types of tedium that turn a job into a daytime snooze.

"A job should open you up, creatively, mentally, or physically," Nawoj boldly proposes. "If you feel that your job is taking away from your creativity, your mental well-being, or you're physically burnt out, it's time to step back."

Saving up

For some people, work gets so unbearable they have to quit, even before landing a new job. But, before you leave make sure you've at least got some money saved up.

▶ Mathieu Paradis, a financial advisor with Ottawa-based Wealth Strategies, says four months of savings works for someone with strong job prospects, but six months may be better if you're searching for your ideal job.

▶ If you know you want to leave in a few months, start saving now. "Put a bit of every paycheque in a short-term savings account so when you've had enough you have the financial freedom to change jobs."

BRYAN BORZYKOWSKI

To move on or not? The checklist

Before you chuck your day job into the dustbin of broken dreams, make sure you've "mastered it to your own satisfaction," Stein recommends. "You want to make sure you come out with industry knowledge," agrees Nawoj. Plus, consider the possibility that landing your ideal gig may not mean galloping out of the office into utter joblessness, but just pressing a bigger number on the elevator wall.

Work-life balance

Do you ever wish there were more than 24 hours in a day? Help achieve a better synergy by following these tips:

1 Slow Down. Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you.

2 Use technology to streamline schedules. Don't overlook technology weapon to make the most effective use of your day.

3 Protect your personal time. Effective time management involves knowing when to shut things down.

NEWS CANADA

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Prep your wallet for school

It's never too early to start planning your finances for the upcoming post-secondary year

NEWS CANADA PHOTO

▶ If you have a budget already worked out for the upcoming school year, you'll feel less anxious about your spending.

It's not always easy to keep enough money in your bank account and maintain a good credit rating when you're a college or university student. In this age of consumerism when cell phones and brand-name goods are so popular, it may be difficult to tell the difference between needs and wants. But just like learning new math formulas or milestones in history, it's never too late to learn the basics of managing your personal finances.

Prepare a budget

Finances A budget will help you live within your means and avoid debt. Although it takes effort to prepare a budget, it will give you peace of mind.

If your financial obligations are keeping you awake at night, you probably need to spend more time on financial planning.

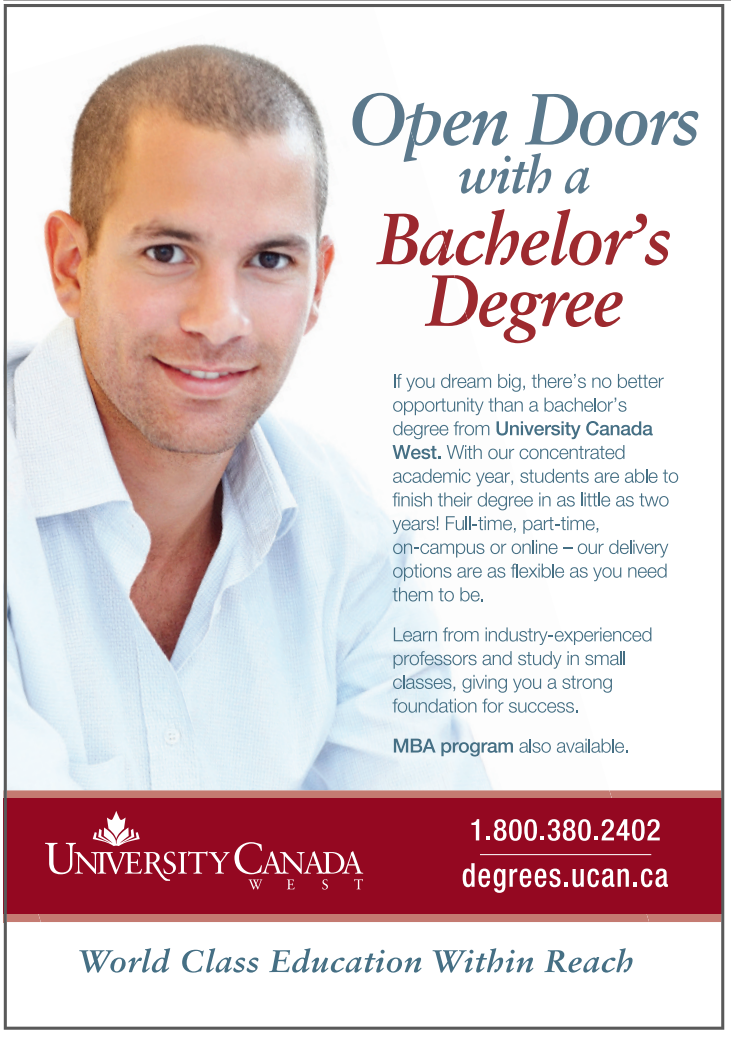
Prepare a budget and monitor your finances

Is the burden of a student loan too heavy? A budget is an excellent way to help you manage your finances, especially if you're having difficulty paying off your debts. Monitor your finances closely: Keep your bills and write down everything you spend each day for a couple of months. This will give you a better idea of how much money you take in, how much you spend and how much you save.

With a budget, you'll no longer feel guilty if you spend a few dollars at the movies or $20.00 for a restaurant meal, because you will have planned these expenditures and will know that they will not prevent you from paying your credit card bill.

You'll find a budget worksheet and information on how to prepare a budget and avoid debt on tip sheets published by the Financial Consumer Agency of Canada, Making a Budget and Sticking to It and How to Beat That Debt, available at moneytools.ca.

NEWS CANADA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Let your school tuition help you at tax time

Note how much money you are spending on tuition for the upcoming school year because you will be able to claim some of it next tax year

ISTOCK

When you do you taxes, remember the educational credits.

Detailed below are four essential tax tips for post secondary students offered by the Certified General Accountants of Ontario pertaining to tuition fees and education credits:

Full-time students may claim a federal credit of 15 per cent of their eligible tuition fees, plus an education credit of 15 per cent of $400 per month in 2010. Students registered to attend part-time studies may also claim the tuition fee credit of 15 per cent of eligible fees; in addition, they may deduct $120 a month toward the 15 per cent federal education tax credit.

Students with disabilities may be enrolled part-time to qualify for a full-time credit. Individuals with disabilities who are enrolled in approved Human Resources and Skills Development Canada (HRSDC) or equivalent provincial/territorial-approved training programs can also deduct those related expenses.

The education tax credit also applies to students who are pursuing career-related, post-secondary education at their own expense (e.g., the CGA program of professional studies). NEWS CANADA

Taking control financially

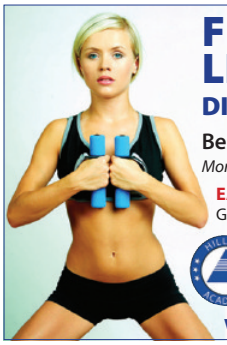
"Taking control of your finances means a little up-front planning with a budget," says Kavita Joshi, director of Student Markets at RBC.

- Joshi recommends students use tools like RBC's Better Student Life website (to learn about money management), and Student Budget Check (to calculate what you can spend to get through the school year). You can find this information at better-studentlife.ca.
- She also notes that you should decide when and how to take on debt — if you have some student debt, consider the level you're comfortable with.

Money

Financial independence

EDUCATION Learning independence is an important part of being a student and this includes being financially independent. "Financial independence isn't about having a lot of money, it's about knowing you call the shots," says Kavita Joshi, director of Student Markets at RBC. "Independence means just that — having the autonomy to make informed decisions about your money." NEWS CANADA



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4 sports

Spanish reign over World Cup

Spain only third team to be European champ at the same time

AMIE MCDONALD/GETTY IMAGES

▶ Andres Iniesta of Spain celebrates scoring the winning goal.

SPAIN	NETHERLANDS
1	0

Message

When he scored, Andres Iniesta remembered former teammate Daniel Jarque.

- Iniesta took off his blue Spain jersey to reveal a white T-shirt bearing the words, "Dani Jarque: Siempre con nosotros" — "Dani Jarque: Always with us."
- Jarque collapsed and died at the age of 26 on a pre-season tour of Italy last year.

Spain's place among world soccer's all-time greatest teams was assured yesterday when Andres Iniesta scored with four minutes of extra time remaining to beat the Netherlands 1-0 and clinch his country's first World Cup.

With the teams facing a penalty shootout after an often ill-tempered game of few clear chances, Iniesta collected a sliding pass into the area from substitute Cesc Fabregas and smashed the ball across goalkeeper Maarten Stekelenburg and in at the far post.

The goal clinched Spain's fourth straight 1-0 victory in South Africa and made the team only the third to be world and European champion at the same time.

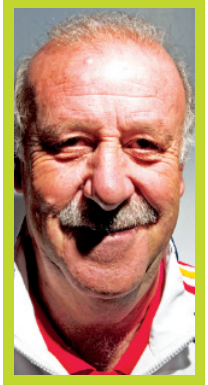
"This really is quite a cup," Spain goalkeeper Iker Casillas said. "The European Championship was the most important moment of our lives, but today is much bigger than anything else."

At the final whistle, the Spanish players hurried to swap their blue shirts for their more familiar red colours in time to collect the trophy. They donned shirts decorated with a single gold star to mark their triumph, becoming the eighth nation to receive the honour in the tournament's 80-year history.

"I can't quite believe it yet," said Iniesta, who was voted man of the match. "I had the opportunity to score that goal which was so important to my team. It's something absolutely incredible. I simply made a small contribution to my team in a match that was very rough."

THE ASSOCIATED PRESS

Quoted



"Spain deserves this triumph and this World Cup. I think this goes beyond sport. We have been supported by all the people in Spain and we're delighted to give them this victory."
VICENTE DEL BOSQUE, SPAIN COACH

"We are angry that we lost because we came so close. I know you cannot blame others, but the ref was more favourable to Spain."
DIRK KUYT, NETHERLANDS FORWARD

Scan code for news

Ugly play fails to lift Netherlands to title

The Dutch were bent on showing that they could win ugly for their first World Cup title, but they only got the ugly part right.

With eight yellow cards, one red and endless arguing that even spilled over beyond the final whistle, the Netherlands lost much more than 1-0 to Spain in the final — it lost a lot of its credibility as creative masters as well.

5 Defender John Heitinga became only the fifth man to get a World Cup final red card when he was sent off in extra time.

Netherlands coach Bert van Marwijk has taught his team to win ugly when it needed.

"I would have loved to win it with football that is not so beautiful," he said.

THE ASSOCIATED PRESS

HASSAN AMMAR/THE ASSOCIATED PRESS

▶ John Heitinga fouls Spain's Andres Iniesta.

Sports in brief

Webber takes British GP

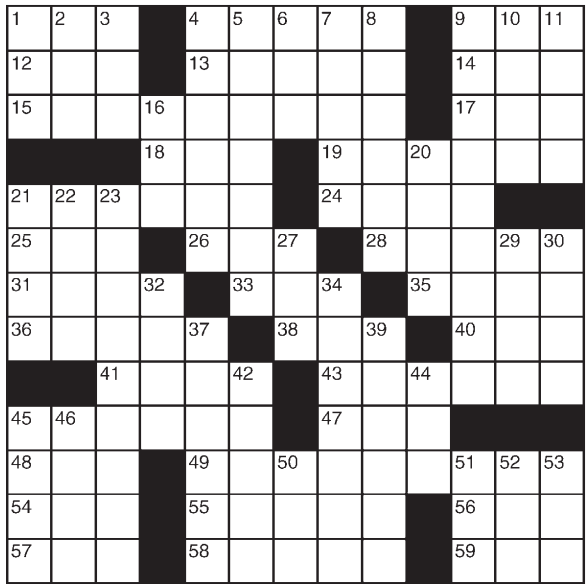
F1. Mark Webber cruised to his third Formula One victory of the season yesterday after overtaking Red Bull teammate Sebastian Vettel on the opening lap of the British Grand Prix.

THE ASSOCIATED PRESS

Als score first win of season

CFL. Jerald Brown's interception return for a touchdown was the difference as the Montreal Alouettes got their first win of the season yesterday, defeating the Edmonton Eskimos 33-23 to move into a three-way tie for first place in East Division. THE CANADIAN PRESS

Crossword



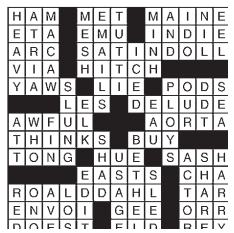
Across

1 Cleopatra's snake
4 Eccentrically foolish
9 Hockey legend Bobby
12 Sticky stuff
13 Related on the mother's side
14 Actor — Gossett Jr.
15 Tradition-al
17 Slight touch
18 Raw rock
19 Cool and damp
21 Temper
24 Caffeine-rich nut
25 Language suffix
26 "A mouse!"
28 Squander
31 Stitches
33 59-Across fraction
35 Remain
36 Boat for one
38 Petrol
40 — out a living
41 Partially mine
43 Swerved
45 Hollywood's "Platinum Blonde" of the 1930s
47 Altar constellation
48 Annoy
49 The Garden State
54 Shelter
55 Ancient theatre
56 Paid player
57 Paving material
58 Ms. Witherspoon
59 Japanese money

Down

1 Past
2 Note between fa and la
3 Pea holder
4 Edict
5 Belongs naturally
6 Confucian principle
7 Wall Street wares
8 Cowardly
9 17th-century artist, perhaps
10 Wander
11 Red gem
16 Turf
20 "Oh, woe!"
21 Dilbert's furniture
22 Cruising
23 With "The," magazine first published in 1925
27 Small barrel
29 Seize
30 Black- — peas
32 Author Bellow
34 Arizona tribe
37 Money for 42-Down
39 Tranquil
42 Stockholmer, for one
44 Listening device
45 Sword handle
46 Vicinity
50 Tiny
51 Secret agent
52 Before
53 Thither

▶ Yesterday's answer



Sudoku

4		3		7	8			5
	2		9					7
	7		5				4	
1							2	
		2	8		3	5		
	6							1
	9				6		5	
8					5		1	
7			3	9		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	4	9	5	2	8	6	7	3
3	5	6	9	4	7	8	2	1
8	2	7	6	1	3	9	4	5
4	8	1	2	3	6	5	9	7
2	9	5	7	8	1	4	3	6
7	6	3	4	5	9	1	8	2
9	1	4	3	6	2	7	5	8
6	7	2	8	9	5	3	1	4
5	3	8	1	7	4	2	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy birthday, Litu! Thanks for being part of my life, baby. I will love you more, every single day of my life.
UR'S WIFY

Matt your the best I ever had. I couldn't bare to lose you. Ill love you forever and ever,
TASH

Dear Stefan, You've completely taken over my heart, and I cherish every moment we spend together. I know I say this every day, but here it is again; I love you now and forever, and I can't wait to see what the future holds for us.
LOVE MELISSA

My Angelina Ballerina, I'm so proud of you today. You did well in your first ballet class. Hugs from Mama!
MAMA FE

The Weather Network ©The Weather Network 2010
Today Partly cloudy 22°/14°
Tuesday Mainly sunny 21°/15°
Wednesday Sunny 22°/14°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Keep your plans to yourself today, and keep people who try to nose into your private affairs at arm's length.

♉ Taurus April 23-May 21 Any doubts you may have had about what you are planning to do with the rest of your life will now disappear. Don't worry that the journey ahead looks tough — just put one foot in front of the other and keep walking.

♊ Gemini May 22-June 21 The odds are most definitely in your favour at the moment, so make things easy for yourself and swim with the tide rather than against it. Do you know where you are going? Do you care? The mystery is part of the fun.

♋ Cancer June 22-July 22 Are people taking advantage of your easygoing nature? Maybe, but if it isn't causing you any particular harm why worry about it? There is no point getting angry with people who take a little bit.

♌ Leo July 23-Aug.23 You can sense that something dramatic is going to happen. What that something might be is impossible to know for certain but, whatever it is, it will be fun.

♍ Virgo Aug. 24- Sept. 22 You might like to change the world but that simply isn't possible. You can, however, change yourself, and that should be your number one aim over the next few days. Be a good example.

♎ Libra Sept. 23-Oct. 23 What seemed like a setback a few days ago now looks completely different, which only goes to show how foolish it can be to jump to conclusions. Life is good and getting better by the day.

♏ Scorpio Oct. 24-Nov. 22 You cannot avoid your responsibilities. Not that you want to, of course. Employers and other important people will be hugely impressed by your commitment.

♐ Sagittarius Nov. 23-Dec. 21 Your power to change things may be limited at the moment but there is no need to get frustrated about it. It won't be long before you are back in command.

♑ Capricorn Dec. 22-Jan. 20 If you want something enough you can find a way to get it. Do you believe that? You should, because belief is the first step to making it happen. The second step is to have a plan.

♒ Aquarius Jan. 21-Feb. 18 Someone you are close to feels a little bit neglected and you really should do something about it. Find ways to remind them what they mean to you.

♓ Pisces Feb. 19-March 20 The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. Does that mean you can try anything? It most certainly does. Gets you thinking, doesn't it. SALLY BROMPTON

Caption contest

THE ASSOCIATED PRESS

You write it! Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

GE YUEJIN/THE ASSOCIATED PRESS/XINHUA

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